WORLD BANKS CUT RATES TO AID MARKETS

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Man charged in attempted luring case

EDMONTON Police have made an arrest in the case of a man allegedly attempting to lure teenage girls into his vehicle in Edmonton since the summer.

A 13-year-old girl was walking in the area of 105 Street and 76 Avenue on Monday afternoon, when she was approached by a man who tried to coax her into his vehicle.

The girl recognized him, as he'd attempted to entice her into his vehicle several times before.

Police arrested a suspect in his vehicle on Tuesday.

Charged is 22-year-old James Ross Armour. He is also charged in connection with a similar incident involving a 14-year-old girl in August. METRO EDMONTON

Election 2008 pg 6-7
- On the Hustings by Andrew Cohen
- Harper a momma's boy?
- Tory ads boosted Liberal support: Dion
- Layton slams banks

Food pg 14

Fruit pie the new pumpkin

Celeb Buzz pg 18

Renée seeks love handles?

ROBIN KUNISKI/FOR METRO CALGARY

Peter Powers, 23 and Amber Frank, 26, look at some energy saving windows as the price of heat is going up and they need to find ways to cut costs this winter.

Heat costs to rise

Gas bought at spike to burn hole in wallets this winter

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Single mom Val Hokanson is already on a tight budget and now she is staring at a potential jump in the cost of heating her home.

The Canadian Gas Association (CGA) projects the cost of heating the average home will increase roughly about 10 per cent this winter, and that worries Hokanson, a mother of three.

"We're already on a budget — it's the only way to survive as a single mother. If that goes up then it takes away from somewhere else," Hokanson said.

She says her average heating bill for her home is already $350 a month, so a 10 per cent increase would tack on an extra $35.

"That is like a tank of gas, a pizza night with the kids or three hockey practices for them. When you put it into perspective, it adds up."

So why when natural gas prices are so low, is the cost of heating your home going up?

Michael Cleland of the CGA says that's because the gas that will be used this winter was bought when prices were a lot higher.

"The consumer price lags behind the price in the marketplace," he added.

Lisa Frizzell of Direct Energy said while she can't predict the future costs of monthly gas prices, she says the average home pays about $90 a month for their gas bill — so a 10 per cent increase equates to $9 per month.

"We don't do predictions, we just base the costs on what's happening in the market," she said.

Hot savings tips
Courtesy Direct Energy

- Consumers should do a furnace tune-up before the winter
- Installing a programmable thermostat can save up to 10 per cent
- Clean furnace filters every few months

Province pays $1.7M to Calgary Health CEO

SEVERANCE Former Edmonton and Calgary CEOs at Alberta's two largest health authorities before the province's health regions merged will share $3.2 million in severance pay.

Former Calgary Health Board CEO Jack Davis was paid $1.7 million in severance, according to figures released yesterday, while Sheila Weatherill, the former CEO of Edmonton's Capital Region, received $1.5 million.

All of Alberta's health-region CEOs were let go on July 8 for its new, single health superboard called Alberta Health Services.

"The former executives are receiving compensation in accordance with the specific terms of their contracts," said AHS board chair Ken Hughes in a release. Alberta Health Services is currently paying its CEO, Charlotte Robb an annual salary of $550,000.

"Taxpayers should be very, very angry," said Hugh MacDonald, a health critic with the Alberta Liberals.

"The health minister (Ron Liepert) should have announced this expensive bill to the taxpayers, but I believe he was too embarrassed."

Scott Hennig, a director with the Canadian Taxpayers Federation, said the package is worth it as taxpayers will save money due to the new superboard.

"This will eventually be a drop in the bucket," he said.

JEFF CUMMINGS/METRO EDMONTON

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Bigamy, fraud suspect charged with impersonation
A man charged with bigamy and fraud is now facing another charge of impersonation. Dibua Mokendi Dieudonne Kabengele, 54, made his first court appearance yesterday to face the new charge. He will be back in court on Oct. 30. METRO CALGARY

Local

Boo at the Zoo

Get your tickets for Boo at the Zoo — day or night — and enjoy creepy crawlies with the family. Tickets are on sale now for both events running between Oct. 24 – Oct. 28 at www.calgaryzoo.com. METRO CALGARY

Students taught about burden of backpacks

MRC "Take a load off" isn't something students usually hear from their education institutions, but it's the message Mount Royal College is sending.

With students carrying course loads full of books and laptops, MRC chiropractor Dr. Allison Gross says the bags shouldn't weigh more than 15 per cent of their body weight.

"That means a female student weighing 130 pounds should not carry a backpack heavier than 19.5 pounds. It may seem like a lot of weight but it adds up quickly," she said, adding back pain is prevalent in students.

With that in mind the school is teaching students how to carry their bags properly at the EnCana Wellness Centre until Oct. 15.

"They need to think about what they really need for the day and not just keep adding to it," she added.

KRISTA SYLVESTER/METRO CALGARY

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ROBIN KUNISKI/FOR METRO CALGARY

The city will be rolling out their "blue cart program" over 15 weeks beginning in March, sending blue boxes like these out to 300,000 homes.

City ready for blue carts

NEIL MACKINNON
neil.mackinnon@metronews.ca

There's a sea of blue carts wrapped in plastic, and in less than six months, they'll be shipped out to 300,000 Calgary homes.

The city's curbside recycling program, now dubbed the 'blue cart program,' will be rolled out over 15 weeks starting next March to single family homes and complexes up to four units, with collection starting in the city's southwest in late April, the southeast in mid-May, northwest in early June and the northeast in late June, said project lead Paula Magdich.

"By the time Calgarians are wearing their cowboy hats next year, recycling will be easier and more convenient," Magdich said.

The program, which will cost each home $8 per month on their Enmax bills, will run in conjunction with normal garbage pick-up days.

"When people get their cart, it will be serviced wherever their garbage is collected," said waste and recycling director Dave Griffiths. "We will be including all of the materials we currently collect at our green neighbourhood recycling depots."

Virtually all plastics will be accepted once the program begins and the green neighbourhood collection areas will be retooled to end the need for sorting and will also be as inclusive as the new blue cart system.

The Bride's Diary: Vol. 2

Dear Diary,

David, Lee, Heather, and the girls made the wedding dress shopping experience a true fairy tale!

They had champagne, strawberries and sushi waiting for us.

The shop is elegant and the dresses are to die for! I literally fell in love with three of them.

It is amazing how when something is right you just "know".

I am hoping it

will be the same with the potential grooms!

Today I managed to narrow it down to two dresses that honestly fill my heart with joy just to wear them!

Tonight my dad, my sister, and my friend will join Lisa the wedding planner and myself as we sample delicious buttercream cake, decide on the flowers, and chose the music.

Until next time…

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Homebuilding starts drop dramatically
The starts of single-detached homes in Calgary were down 44.4 per cent in September 2008 from September 2007 according to data released by the Canada Mortgage and Housing Corporation. METRO CALGARY

Abeed Monty Ahmad

Volunteer becomes candidate

Election 2008

POLITICS It was a quick phone call that sent Abeed Monty Ahmad right into the thick of things.

After the writ dropped on the federal election, Ahmad called up the Green party to see if they needed help with their campaign in Calgary Northeast.

He didn't expect his call to turn into a candidacy as the party didn't have anyone running and he was convinced to toss his name in.

"I wasn't really prepared for that," he said. "I'm just a school teacher, what do I know about running a campaign?"

While Ahmad, 43, has hit the hustings running, getting his name confirmed for the ballot, hammering in signs, knocking on doors and trying to think like a politician, he has no delusions of winning the riding, it's the long term he's focused on.

"My main goal here is to get youth involved, visit a couple high schools and get the 17- and 18-year-olds interested," said Ahmad, a former Bay Street foreign exchange specialist. "It just might be the reinvigoration the whole process needs, not just the Green party."

NEIL MACKINNON/ METRO CALGARY

Greed powers home prices: Prof

Key Vital Signs report rates housing affordability in Calgary a 'D'

NEIL MACKINNON
neil.mackinnon@metronews.ca

Naveed Rafiq would love to put his rent money into a mortgage instead.

While he has a good job and makes a decent wage, the problem is where to find the extra coin for a down payment.

"Unless you're making like $100,000 and can afford to sock some money away, which I can't really, it's going take years to do it," the 35-year-old said. "I've been looking at house prices recently and they're still a little too steep for me."

Rafiq, like thousands of Calgarians, are struggling with housing affordability in the city, an issue that was given a D in a recent Vital Signs report issued by the Calgary Foundation.

Greed is the main culprit behind Calgary's housing affordability crunch, said Urban planning specialist and University of Calgary professor Jim Dewald, adding the city needs to do a much better job addressing the problem that has resulted in record numbers of homeless people in Calgary.

"I've been looking at house prices recently and they're still a little too steep for me."
Naveed Rafiq

"The first hump in the statistics was a shortage of supply and the second, well that was simple greed," said Dewald.

"You had all these people looking to ride that wave of ridiculous price escalations, looking to get rich, buying up houses a couple at a time and unfortunately in a free market, that meant some honest people just trying to live got hurt."

Dewald said as the city has been designed around the car, city attempts to build and encourage more affordable housing will be hampered because the suburbs are too far away to walk to shopping centres or jobs — and transit commutes could take a few hours.

"This isn't a problem that will easily be fixed," he said.

ROBIN KUNISKI/FOR METRO CALGARY
Daniel Kirk paints some panels of wood at the Boys and Girls Club in Renfrew as part of the Community Boardworx Project.

Downtown art gets youth involved

NEIL MACKINNON
neil.mackinnon@metronews.ca

CULTURE It's the kind of situation where no one loses.

An art program in downtown hoarding sites is going to add a little colour and culture where there was none before is raising the aspirations of young city artists.

Urban Youth Worx, in conjunction with Metro newspaper, the Calgary Downtown Association, the Alberta College of Art and Design and the city, is in the midst of refurbishing up to 100 plywood planks.

More than 60 children from local boys and girls clubs and group homes are working on art that will hang in front of a new Calgary Board of Education building as it goes up on 12 Ave. and 8 St. SW., said Urban Worx's Aviva Zimmerman.

"Not only are these youth getting to expend some energy on something positive while refining their art skills, but they're super excited that their work will be getting some public recognition by having it outside downtown," Zimmerman said.

Currently, the city offers a 25 per cent discount as an incentive for companies who include a decorative aspect to their hoarding set up, according to traffic engineering co-ordinator Bruce Swanson.

Cops concerned about break-ins

CRIME City cops are warning residents about a recent rash of nighttime break-ins in the city's northwest between 8 p.m. and 4 a.m.

Police are most concerned that the suspects have been gaining access through attached garages and entering while residents are home and asleep.

It's believed the suspects used a vehicle or bicycle to travel from home to home. METRO CALGARY

metronews.ca
What's online today.

Check out MetroTube of the Day to see artists make the case that they are ordinary Canadians, too.
Watch Hockey Calgary's plan to use prefab rinks to ease an ice time crunch at metronews.ca/local and two candidates bicker over who gets to fly the Tory banner at metronews.ca/canada
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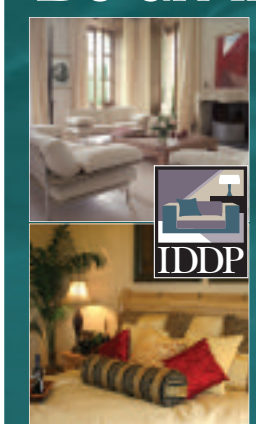

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Soldier seriously wounded in Afghanistan
A Canadian soldier is in serious but stable condition after being shot by insurgents about 30 kilometres west of Kandahar City, Afghanistan, on Tuesday. The military has not released the soldier's identity. **SOURCE: CBC NEWS ONLINE**

Canada

Reprieve for Rambo

Rambo, left, has been given a reprieve from canine death row. A plan to transfer the dog from an animal shelter in Mississauga, Ont., to a farm in Nova Scotia was approved by an Ontario court yesterday. Rambo was born after a province-wide ban on new pit bulls took effect on Aug. 29, 2005.
TORSTAR NEWS SERVICE

Atwood **Culture is seamless**

SAUL PORTO/TOP NEWS

Author Margaret Atwood, takes a break to read Metro at a party this week to launch her latest book, Payback: Debt and the Shadow Side of Wealth. The book hit stores this week in the midst of a global market meltdown, and an election campaign in which Atwood took shots at Prime Minster Stephen Harper's comments that "ordinary people" don't care about "the arts." As Atwood told Metro: "Culture is seamless. It flows from so-called high to so-called low and back again."

Large percentage of meat tainted: Report

Two-thirds of Toronto samples contained bacteria, documents say

Two-thirds of Maple Leaf meat samples collected from Toronto hospitals and nursing homes tested positive for a virulent strain of listeria just before the country's largest food recall, according to confidential data obtained by Torstar News Service and the CBC.

The test results show a dramatically high percentage of bacteria-laced ham, corned beef, turkey, and roast beef was being served to hundreds of vulnerable hospital patients and seniors. Experts say it's more contamination than they have seen and further evidence of a health risk that should have reached the public's attention sooner.

17 of 26 samples collected on Aug. 14 and 15 tested positive for listeria, as revealed by lab tests conducted for the Canadian Food Inspection Agency and compiled in a document labelled 'confidential.'

"There shouldn't be any positives," says Rick Holley, a food safety expert at the University of Manitoba. "The reality is if you did a survey in the market, you might find one or two at most out of this sample that are positive ... And it is a particularly virulent strain of listeria. It's one of the bad ones."

"I'd never seen anything like this. The fact that so many came back positive shows how contaminated the source was."
Dr. Vinita Dubey

These tests prompted the national recall of various Maple Leaf meat products.

A federal government source confirmed yesterday that half of the provincial samples tested positive for listeria.

But the results in Toronto were worse.

"I'd never seen anything like this," said Dr. Vinita Dubey, Toronto's associate medical officer of health. "The fact that so many came back positive shows how contaminated the source was."

Linda Smith, a spokesperson for Maple Leaf, said the company was informed of the second batch of test results on Aug. 16.

"On the basis of (the test results) we did a recall."

TORSTAR NEWS SERVICE

Group urges review of RCMP Insite critiques

VANCOUVER Canada's auditor general needs to examine whether the RCMP overstepped its mandate by funding academic critiques of Vancouver's supervised injection site, the Pivot Legal Society said yesterday.

The RCMP said the reviews were standard "due diligence," no different than research into traffic services or organized crime.

In a complaint to Auditor General Sheila Fraser, Pivot argues that while spending money on crime prevention is within the RCMP's mandate, using public funds to research a public health matter, like harm reduction, is not.

Douglas King

"The RCMP was created as a police force and not to act as scientists," said Douglas King, a Pivot lawyer.

RCMP Const. Annie Linteau agreed the RCMP are not "academic researchers."

"In order to obtain an impartial assessment … we often have to rely on outside experts," Linteau said.

JEFF HODSON/METRO CANADA

Do Not Call List a ringing success

TELEMARKETING In just one week, nearly 2.7 million Canadians have registered to no longer receive calls from telemarketers, CBC News Online reports.

The Do Not Call List, run by the CRTC, launched at midnight on Sept. 30 and garnered 200,000 numbers in the first nine hours.

METRO NEWS SERVICES

News in brief

REFUGEE Hassan Almrei, a Syrian refugee who has spent seven years behind bars on a security certificate, would not pose a significant threat if released under supervision, a security advisor told a federal court yesterday.

VANCOUVER A B.C. man needed 60 stitches to close his wounds after he fought and killed a mother bear, CBC News Online reports. Jim West, 45, and his two dogs encountered the bear Saturday. **METRO NEWS SERVICES**

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Tories aim to heal doctor shortage

Stephen Harper pledged a $5-million fund to draw Canadian doctors practising outside the country to return to Canada, CBC News Online reports. Harper said the Conservatives would also begin a pilot project with the provinces to find ways to recruit and retain nurses. **CBC NEWS ONLINE**

Election 2008

Race has turned upside down

With 5 days to go in campaign, this election is going down to the wire

On the **Hustings**

Andrew Cohen

Election insight and analysis

Just when you were sure the Conservatives would win this election and the only question was by how much, strange and wondrous things begin to happen.

Support for the Conservatives has been dissolving like a soft summer mist. The party that began the campaign with 38 to 40 per cent of support has now fallen to 31 to 34 per cent.

Meanwhile, the Liberals have rebounded, though not as dramatically as the Conservatives have fallen. The Liberals are now polling at 26 to 31 per cent.

While the conventional wisdom was always that Stephen Harper would be re-elected, that's no longer certain. And while the conventional wisdom was that Stéphane Dion was finished, that isn't certain, either.

In other words, all bets are off. With five days to go, this is suddenly, remarkably, a horse race.

For weeks the biggest doubt was whether the Conservatives would win a majority. How big? Would it come from Ontario or Quebec?

If the election were held today, it is safe to say they wouldn't win most of the 308 seats in the House of Commons. Sure, it is mathematically possible that they could pull this off with 32 per cent of the vote in a divided, five-party race with crazy splits. But it would be unprecedented.

We have seen a majority with 37 per cent of the popular vote — Bob Rae's New Democrats did it in Ontario in 1990 — but with 32, 33 or 34 per cent? Unfathomable.

(It goes the other way, too. In 1925, Canada had a minority government even though the Conservatives won 47 per cent of the vote.)

While a Conservative majority was Harper's fond hope, he had reason to believe it was possible when the campaign began. The Conservatives never imagined sweeping Quebec like John Diefenbaker in 1958 or Brian Mulroney in 1984, but they did think winning another 10 or 15 seats there was realistic.

That, and modest gains in rural Ontario, would get them to 155 seats. That was the hope.

But even before the credit crisis, that was slipping away. The Bloc Québécois has brilliantly exploited doubts about Harper — on state support for culture, juvenile crime and the war in Afghanistan — and thwarted a Tory triumph in Quebec.

Stéphane Dion

RICK MADONIK/TORSTAR NEWS SERVICE

Meanwhile, the Liberals are holding their traditional vote in Montreal, where the New Democrats had hoped for a breakthrough.

At the same time, the Liberals appear to have retaken the lead in vote-rich Ontario, their support rising in the province's southwest.

But does all this mean the Liberals can actually win this thing on Tuesday? Yes, but only if Liberal voters who defected to the Greens and the New Democrats come home. This time, their motive wouldn't be stopping a Conservative majority, as it was in 2006, but of delivering something unthinkable a week ago: A minority Liberal government.

Realistically, it's still unlikely. But in a political and economic world turned upside down, it could happen.

Andrew Cohen teaches journalism at Carleton University. He is the author of Extraordinary Canadians: Lester B. Pearson.

Liberals

Tory ads an ironic twist for Dion

TURNAROUND Stéphane Dion — his image battered by months of harsh Conservative advertising — says he misjudged how effective negative advertising can be in an election campaign.

But in an ironic twist, the Liberal leader now says the millions of dollars of Conservative advertising is partly responsible for his surprise late-campaign surge.

"Never has an individual been the target of millions of dollars of attack ads as I have been." Stéphane Dion

When Canadians tuned into the two leaders' debates last week, they found the Opposition leader wasn't the politician so often portrayed as bumbling and indecisive on the airwaves by the Conservatives, he said yesterday.

"Never has an individual been the target of millions of dollars of attack ads as I have been — and the Green Shift as a policy," Dion told the Toronto Star's editorial board.

"It may be why these debates have been a golden opportunity for me to show who is Stéphane Dion and why he has nothing to do with this caricature, this false individual that we have seen again and again on TV and on radio," he said yesterday.

Asked to reflect on his bounce in the campaign as Tories see their poll numbers drop, Dion traced the turnaround to last week's televised debates.

TORSTAR NEWS SERVICE

News in brief

POLL Peter MacKay is far ahead of Green Leader Elizabeth May in the Nova Scotia Central Nova riding, according to a Metro Halifax/CTV poll. "At this point, just a few days from the election, it certainly looks positive for Peter MacKay," said Craig Wight, vice-president of research for Bristol Omnifacts Research, which conducted the poll. MacKay has 39 per cent support. The battle for second is tight, with May at 22 per cent and New Democratic Party candidate Louise Lorefice at 19. With a five per cent margin of error, that's not much. Nineteen per cent of voters are undecided or don't know who they will vote for. Five per cent said they will vote Liberal, but the Grits don't have a candidate in the riding.

METRO CANADA

TONY BOCK/TORSTAR NEWS SERVICE

Conservative Leader Stephen Harper speaks at a rally in a Victoria hotel yesterday.

Always listen to your mother

Conservative Leader Stephen Harper, under fire for being too detached from the economic fears of ordinary Canadians, invoked his mother and resorted to a homey analogy to convey he is on top of the roller-coaster ride of the stock markets.

For the third time publicly in two days, and in subsequent one-on-one interviews, Harper said his mother is worried about her savings, and he understands her concerns, which he used to push his "steady-hand-on-the-wheel" message.

"We're getting this criticism that I somehow don't understand the stock market or I don't understand what people are feeling about the stock market," Harper said, leaning in on a podium in a casual manner in Victoria.

"And believe me, I get quicker updates from her on the stock market than I do from the Department of Finance." Stephen Harper

"I use my mother as an obvious example because, you know, she's the person closest to me who's most worried about the stock market these days. And believe me, I get quicker updates from her on the stock market than I do from the Department of Finance."

Harper was speaking to reporters in front of a partisan audience in Victoria that occasionally booed challenging questions.

He dismissed a question about his comments yesterday that it was a good time to get bargains on cheap stocks, saying he was simply acknowledging that people are concerned about their personal investments.

TORSTAR NEWS SERVICE

Watch as Harper's latest comments on the economy draw sharp rebukes at metronews.ca/canada

5 days remain until the 2008 Canadian federal election

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Election 2008

Polls diverge on fortunes of Tories

A new poll released yesterday showed the Conservative lead in the Canadian election campaign continuing to shrink while another covering a similar period showed it widening again.

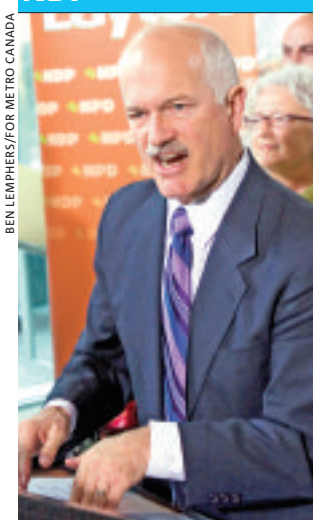
A Harris-Decima/Canadian Press survey put the Conservatives at 31 per cent, unchanged from their survey the day before, but the Liberals up one point at 27 per cent. It had the NDP at 20 per cent.

An Ekos automated telephone poll released on Tuesday night, however, had the Conservative lead growing again to nine percentage points from the seven that Ekos had reported a day earlier.

Ekos showed the Conservatives at 34 per cent, the Liberals at 25 per cent and the NDP at 20 percent, and said voters seemed neither to want to give Prime Minister Stephen Harper a majority in Parliament nor to elect Liberal Leader Stéphane Dion.

REUTERS

NDP



BEN LEMPHERS/FOR METRO CANADA

Jack Layton in Edmonton yesterday.

Layton vows to stick up for Alberta

JEFF CUMMINGS
Metro Canada

With less than a week until election day, NDP Leader Jack Layton says his plans as prime minister would include keeping thousands of energy-based jobs in Alberta, even through a time of global economic uncertainty.

Layton said since oil developments have been approved without any planning, many companies are forced to fly in workers from outside the country to build those projects because of a skilled labour shortage.

A more balanced "step-by-step" approach that tackles everything from environmental consequences, the infrastructure shortfalls and workforce issues is needed from a federal government tackling issues in Alberta, Layton said.

"I think there is a very exciting move afoot and we just about won a seat in Alberta the last time around," Layton sadi during a media scrum with reporters after greeting hundreds of supporters during a breakfast rally in the Kids in the Hall coffee shop yesterday morning in Edmonton.

Layton also used the rally to blast Stephen Harper's party platform position on the current crisis on Wall Street.

"Ordinary families are very worried about their savings, their pensions, their homes, their jobs," he said. "They want to know if they're going to be safe and secure.

"My top priority is to ensure that we protect the savings, pensions, homes and jobs of ordinary Canadians in these tough economic times."

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Scientists map genomes of two malaria parasites

Scientists have mapped the genomes of the parasite that causes most cases of malaria outside Africa and a monkey parasite that is emerging as an important cause of malaria in people in Southeast Asia. This information should help guide efforts to develop new drugs and vaccines. **REUTERS**

World

Palin related to Diana, FDR

Republican vice-presidential nominee Sarah Palin is distantly related to the late Princess Diana and late U.S. president Franklin Roosevelt, genealogy experts at Ancestry.com said. The governor of Alaska and the princess are tenth cousins, while Palin and Roosevelt are ninth cousins once removed.

REUTERS

Ukraine calls early election

Ukrainian President Viktor Yushchenko yesterday abandoned the search for a coalition to take over from the current "orange" government, dissolved parliament and called an early election.

Yushchenko blamed Prime Minister Yulia Tymoshenko, his estranged ally from the 2004 "Orange Revolution", for the collapse of a coalition that emerged from that pro-Western upheaval which swept him to power.

She had allowed her "thirst for power" to take precedence over national interests, he charged.

Viktor Yushchenko

"I hereby declare the activities of ... parliament to be suspended and call an early parliamentary election," he said in a recorded television address to the nation. "The vote will take place in democratic and lawful fashion."

Yushchenko twice named Tymoshenko prime minister, but has been constantly at odds with her almost since his election.

"I am convinced, deeply convinced that the democratic coalition was ruined by one thing alone – human ambition. The ambition of one person," he said in his televised address.

The constitution provides for an election to take place no more than 60 days after dissolution – making December 7 a possible date. **REUTERS**

Georgia not satisfied with Russian retreat

TROOPS Russia pulled back its troops yesterday from buffer zones it set up on Georgian territory during a summer war, but Georgia demanded it take further steps.

The Russian Defence Ministry said troops had removed all six checkpoints in the buffer zone around Georgia's rebel province of South Ossetia, ahead of the Friday deadline stipulated by a French-brokered ceasefire deal.

Russian troops remain inside South Ossetia and a second, pro-Russian breakaway region, Abkhazia, which Moscow has recognised as independent states and promised to protect.

But Foreign Minister Eka Tkeshelashvili said Russian troops still had to quit two disputed enclaves within South Ossetia and Abkhazia by Oct. 10.

Tbilisi says the Georgian-populated enclaves — Akhalgori and the Kodori gorge — have for years not been part of the rebel regions. **REUTERS**

Cuba **Guevara's capture**

ENRIQUE DE LA OSA / REUTERS

Men carry an image of the late guerrilla leader Ernesto "Che" Guevara at a primary school in Havana yesterday. First graders around the country were given blue scarves in tribute to the revolutionary, who was captured in Bolivia 41 years ago.

News in brief

PERU Opposition leaders demanded President Alan Garcia shake up his entire cabinet yesterday, as a scandal over steering lucrative oil concessions to favored bidders spread to his prime minister, Jorge del Castillo. The opposition said Castillo should be fired after details of a tape implicating him in the scandal ran in the newspaper Peru 21.

EGYPT An apartment building collapsed in the city of Alexandria overnight, killing at least 11 people, Egyptian state media said yesterday. At least two more people were missing and feared dead. At least six others were injured. **REUTERS**

Afghan airstrikes killed 33 civilians, report says

AFGHANISTAN The U.S. military said yesterday that 33 Afghan civilians died during August air strikes on a village in western Afghanistan, raising the estimated toll of an action that has strained U.S.-Afghan relations.

A new military inquiry into the Aug. 22 attack on the village of Azizabad in Herat province also lowered the U.S. estimate for the number of militants believed to have died to 22 guerrillas, from an initial estimate of 30 to 35.

The United States first reported only five to seven civilian deaths in the attack. That outraged Afghans and opened a rift with the Afghan government and the United Nations, which both said more than 90 civilians had been killed.

The military then revisited its investigation after cell phone video emerged showing bodies of people said to have been killed.

The latest U.S. civilian-death estimate includes at least eight men, three women and 12 children, all identified from video footage taken after the attack. **REUTERS**

Strike deaths

- Human Rights Watch said in a recent report that a surge in the use of air power in Afghanistan had resulted in a high number of civilian casualties, estimating that 119 civilians died in the first seven months of 2008.

U.S. pushes for help in Afghanistan

PENTAGON The United States called on southeastern Europe yesterday, including aspiring NATO members, to send more troops to Afghanistan.

As the conflict with Taliban fighters has escalated, U.S. Defense Secretary Robert Gates has increasingly looked for troop contributions from outside NATO. The Pentagon chief has repeatedly asked NATO members and others to send resources to the war zone.

Still, NATO commanders say they need another three brigades, or about 10,000 to 12,000 troops.

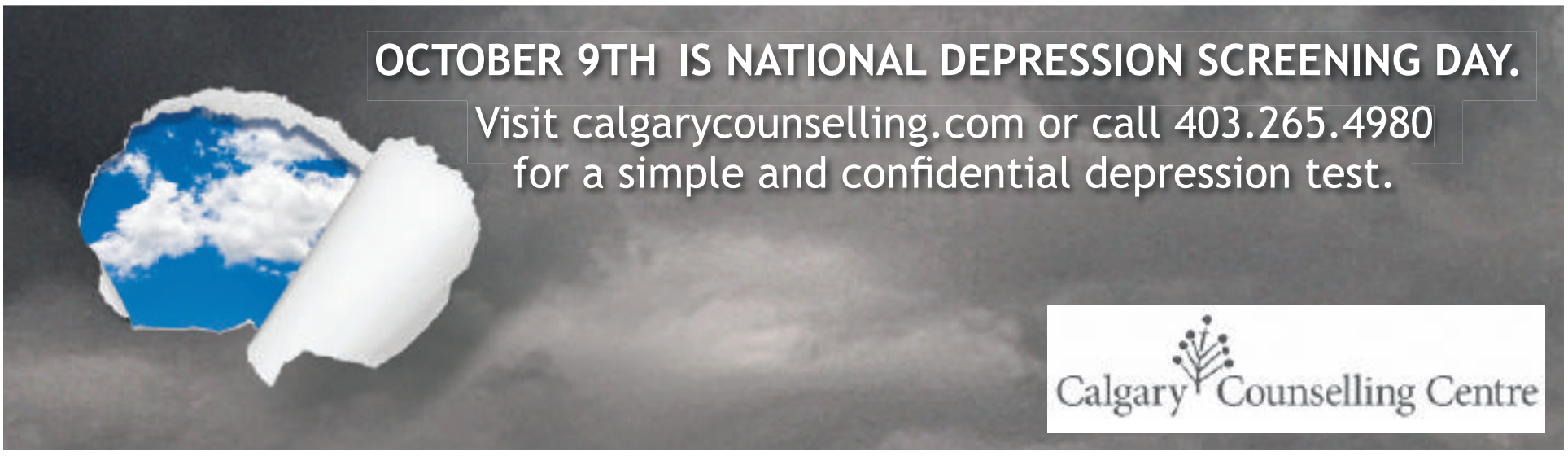
While the United States is likely to fill that requirement next year, U.S. officials worry NATO allies will see that as an excuse not to commit more resources. **REUTERS**

Man indicted for hacking Palin's e-mail

INTERNET A U.S. man has been indicted for hacking vice-presidential candidate Sarah Palin's personal e-mail account, the Justice Department said yesterday.

David Kernell, 20, allegedly accessed the Yahoo account on Sept. 16 by answering a series of personal questions, then posted information found within on the online forum 4chan.org.

Kernell will appear before a judge next week. He faces up to five years in prison if convicted. **REUTERS**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Norbert looking dangerous
Hurricane Norbert became an extremely dangerous Category 4 storm in the Pacific yesterday and headed for Mexico's Baja California peninsula where it was due to hit land this weekend. REUTERS

Thai protesters seek revenge

Protesters seeking to topple Thailand's government yesterday threatened more demonstrations in the capital, a day after two people died and over 400 were injured in the worst street violence in 16 years.

Prime Minister Somchai Wongsawat briefed Southeast Asian ambassadors on the deepening political crisis, telling them the government was "confident that it can take care of the situation," a diplomat at the meeting told Reuters.

The long-running campaign and recent violence have hurt investor confidence and distracted policymakers when they should be focused on slowing economic growth and the fallout from the global credit crisis, analysts say.

Leaders of the People's Alliance for Democracy (PAD) vowed to press on with the four-month street campaign.

"We can't stand this government with blood on its hands. More people will hit the streets to oust this government," Sirichai Maingam, a leader of the People's Alliance for Democracy (PAD), told TV 3 television. The streets around parliament were quiet after the military deployed unarmed troops overnight to help police restore order.

SUKREE SUKPLANG/REUTERS

An anti-government protester yells in the direction of the Foreign Ministry building, where Thai Prime Minister Somchai Wongsawat was meeting Southeast Asian ambassadors, in Bangkok yesterday. Protesters seeking to topple the Thai government threatened more demonstrations in the capital yesterday a day after two people died and over 400 were injured in the worst street violence in 16 years.

> **"More people will hit the streets to oust this government"** Sirichai Maingam

Police identified the man killed by a car bomb near parliament on Tuesday as Methee Chatmontri, a former police colonel and relative of a PAD leader in northeast Thailand.

Deputy Bangkok police chief Amnuay Nimmano told reporters they were investigating the source of the explosives and whether Methee knew the owner of the Jeep SUV destroyed by the blast.A female protester also died in the clashes with police who fired volleys of teargas and stun grenades at the crowds. Demonstrators fought back with stones and clubs. REUTERS

Obama gets more Nobel support

POLITICS A winner of the Nobel Prize in chemistry yesterday said one of his first tasks was to join a group of Nobel winners who endorsed Democrat Barack Obama for president.

Martin Calfie

The 61 Nobel winners published an open letter last month saying the nation "urgently needs a visionary leader who can ensure the future of our traditional strengths in science and technology" to address issues such as energy, disease and economic competitiveness.

"We really need to have more support for science in the White House, and we haven't had that in the last eight years," said Martin Chalfie, a professor of biological sciences at Columbia University.

The Bush administration has come under criticism from researchers and former government officials for meddling in science and for mixing science with politics.

Chalfie shared the Nobel Prize for chemistry with two other scientists for their work with a green fluorescent protein that glows and allows researchers to illuminate tumour cells, trace toxins and monitor genes.

Upon learning he won, Chalfie said he contacted the Obama supporters group and asked to sign the letter. REUTERS

McCain pitching $300B loan buyout

POST-DEBATE White House hopeful John McCain pitched a $300 billion US plan to help struggling homeowners yesterday, as he sought to dent a lead Barack Obama has built over his handling of economic issues.

The morning after a sometimes tense second presidential debate, the ailing economy once again took centre stage in the White House contest, even as a cut in global interest rates failed to stop the continuing tumult on Wall Street.

Two snap polls judged Obama the winner of the Nashville debate Tuesday night. That suggested that McCain, a Republican, could be running out of chances to recast the Nov. 4 race, which has been trending toward his Democratic opponent.

McCain yesterday offered more details on a plan he suggested in Nashville to have the government to buy up troubled loans from homeowners who have seen values fall below their debt. The loans would then be structured into more affordable mortgages.

The Arizona senator called the plan a "a critical first step our country must take to get through this time of crisis."

But the Obama campaign dismissed the idea "more costly and out-of-touch than we ever imagined" and noted that the Treasury already has authority under a $700 billion rescue plan approved by Congress to buy up distressed debt. REUTERS

Televised debate

- The second nationally televised presidential debate between John McCain and Barack Obama drew 63.2 million viewers, over 10 million more than their first, Nielsen Media Research said yesterday.

Fishing losing billions: Report

WORLD BANK As more and more fishermen chase fewer and fewer fish, $50 billion US is lost each year in potential economic benefits to the fishing industry, a report released yesterday said.

Released by the World Bank and the United Nations' Food and Agricultural Organization, the report blamed poor management, inefficiencies and overfishing for more than $2 trillion of avoidable economic losses over the last three decades.

In a time of worldwide financial turmoil, the amount may seem like "small change," said Kieran Kelleher, the World Bank's fisheries team leader, but fisheries are in a global crisis and adding to lost opportunities for economic growth.

> **"Sustainable fisheries require political will to replace incentives for overfishing with incentives for responsible stewardship."** Kieran Kellher

The report said only half of the current global fishing effort would be needed to maintain current catch levels if fish stocks were rebuilt.

"Sustainable fisheries require political will to replace incentives for overfishing with incentives for responsible stewardship," Kelleher said, noting that any solution will have to be at the country level. REUTERS

News in brief

MIGRANTS Environmental damage such as desertification or flooding caused by climate change could force millions of peoples from their homes in the next few decades, experts said yesterday. The number of environmental migrants could be between 25 million and 27 million the report said. Unlike political refugees fleeing their country, many seek a new home in their own country. Experts from almost 80 countries will meet in Bonn from Oct. 9 to 11 to discuss how to help environmental migrants. REUTERS

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Sprint Nextel executives top list of most overpaid
Sprint Nextel Corp. had the worst pay-for-performance rating among the Standard & Poor's 500 index of large companies, and its executives were the most overpaid, with $74 million US in pay awarded last year, investor advisory firm Glass Lewis said. **REUTERS**

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Business in brief

OIL OPEC may need to cut oil output to bolster prices, oil ministers said yesterday as the group considered holding an emergency meeting to discuss the financial crisis. **REUTERS**

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Local:
Publisher, Steve Shrout
Managing Editor, Darren Krause
darren.krause@metronews.ca
Marketing Manager, Blaine Schlechter
Distribution Manager, Dave Mak
National:
Group Publisher, Bill McDonald
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Central banks make historic joint rate cut

Central banks around the world cut interest rates yesterday in their first broadly co-ordinated policy action in history, in an attempt to stem the global financial crisis.

The central banks of the United States, the euro zone, Britain, Switzerland, Canada and Sweden all lowered official rates by a half-percentage point — with the Bank of Canada cutting its key interest rate to 2.5 per cent.

But stock markets, traumatized by losses and bank collapses, took only mild comfort. Strains in credit markets continued, raising the question of what more policy-makers could do and whether more cuts would follow.

"The recent intensification of the financial crisis has augmented the downside risks to growth and thus has diminished further the upside risks to price stability," the banks said in a joint statement. **REUTERS**

Canadian banks

TD Bank will lower its prime lending rate by 25 basis points to 4.50 per cent, half of the Bank of Canada's rate cut. CIBC, RBC, Scotiabank said they would follow suit.

Stress therapy **A smash hit**

MIKE BLAKE/REUTERS

The owner of Sarah's Smash Shack, Sarah Lavely, stands in front of her new business venture in San Diego, Calif., where pent-up patrons can relieve stress by hurling dinnerware and bric-a-brac against a wall, as hard as they can, day and night, seven days a week.

AIG defends lavish event as Fed gives $38B

CRISIS American Insurance Group Inc., a day after being criticized for a lavish party held just days after receiving an $85 billion US government rescue loan, shot back yesterday, saying the $200,000 spent on hotel rooms and $23,000 on spa services was for independent life insurance agents, not its employees.

Still, AIG received another $37.8 billion loan from the U.S. Federal Reserve yesterday. **REUTERS**

Business in brief

SMARTPHONE RIM will debut the BlackBerry Storm, its younger, consumer-oriented and clickable touch-screen device, in Canada later this year over Bell and Telus networks. Pricing is not yet available.

RETAIL Despite economic uncertainty, consumers are still shopping — albeit more carefully. The industry hopes strong employment and income growth will boost holiday sales. **TORSTAR NEWS SERVICE**

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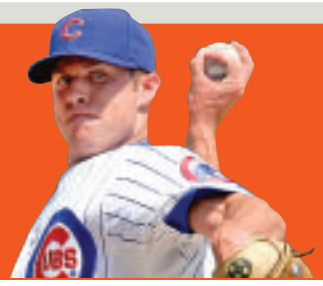
Suspect indicted in murder of Broncos' Williams
A Denver grand jury returned a 39-count indictment yesterday charging Willie D. Clark in the murder of former Denver Broncos cornerback Darrent Williams and the attempted murder of two others. METRO NEWS SERVICES

Sports



Cubs exercise Harden's option

The Chicago Cubs exercised the 2009 option for pitcher Rich Harden, left, yesterday. Victoria's Harden, 26, was acquired from the Oakland Athletics on July 8 along with pitcher Chad Gaudin, for four players. After coming to Chicago, Harden went 5-1 with a 1.77 earned-run average and limited hitters to a .149 average after the All-Star break, which led all starters in the majors.
METRO NEWS SERVICES

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Game Preview

VS

LAURENCE HEINEN/FOR METRO CALGARY

THE SKINNY: The last time the Calgary Flames kicked off an NHL campaign with a victory was back on Oct. 3, 2001 when they blanked the Edmonton Oilers 1-0 at the Pengrowth Saddledome. Since then they've lost five straight season-opening games including a pair to the Vancouver Canucks, who they'll face tonight at GM Place (8:30 p.m., CBC, Fan 960).

THE NEW GUYS: Former Canuck Todd Bertuzzi will make his much-anticipated debut with the Flames as will key off-season acquisitions Mike Cammalleri, Curtis Glencross and Rene Bourque.

THE QUOTE: "The general consensus is that we're a little bit faster, a little bit bigger and perhaps a little bit younger," said Flames head coach Mike Keenan

THE KEY STAT: Since relocating to Calgary from Atlanta in 1980, the Flames have compiled a 9-12-6 record in season-opening games including a 2-3-1 record against Vancouver.

BURNING QUESTION: Will the boo birds be out to greet Bertuzzi in his former stomping grounds?

THOUGHT OF THE DAY: "There's not just hard work put forth in training camp, but a lot of us have been working for three, four months during the summer to get ready for another season to be strong and fit and also to try and prevent injuries," reflected Flames defenceman Robyn Regehr.

Reynolds running smoothly

Avoiding injuries has helped Stamps running back in drive to rushing title

DAN TOTH
for Metro Calgary

Joffrey Reynolds could win his first Canadian Football League rushing title this season, thanks almost as much to his durability as his running ability.

The quiet Calgary Stampeders tailback lets his play do the talking for him while climbing the CFL's leading rusher charts with 1,071 yards through 14 games, despite carrying the ball just five times last week in Regina.

Reynolds leads Saskatchewan rusher Wes Cates by 16 yards but the Riders' back has missed two contests with a leg injury and will return to the Roughies' lineup for a showdown Thanksgiving Day at McMahon Stadium (2:30 p.m.).

Stampeders quarterback Henry Burris admits his team's workhorse was the offence's forgotten man last week, a trend he intends to reverse on Monday.

"We've got to see what we can do to get Joffrey going because he's a vital part of our offence and that balance is always needed," Burris said. "He's the best back in the league, so we've definitely got to get him going.

"You want to get him a lot of touches because he's a punishing runner and he makes a lot of things happen, whether he catches the ball out of the backfield or if he's running the ball, so we've got to find ways to get the ball in his hands."

DAVID STOBBE/REUTERS

Calgary Stampeders running back Joffrey Reynolds, left, has rushed for 1,071 yards in 14 games this season. This is his fourth consecutive season with more than 1,000 yards rushing.

Reynolds, who is enjoying his fourth consecutive season with more than 1,000 yards on the ground and is fifth on the club's all-time rushing list, owes much of his success to his durability. Despite a punishing running style Reynolds has avoided serious injury since coming to Calgary in 2004. That ability to stay on the field might be the key ingredient in earning his first rushing title.

"Joffrey's a workhorse and you have to reward a guy for what he does and the fact that he's out there (and has avoided injuries) means that he's doing something special," Burris said. "Injuries are a part of this game and its kudos to his durability and the things he's been able to do for this team."

Head coach John Hufnagel doesn't place much value in individual pursuits, but concedes a player's durability is an essential trait, especially a running back in a league with small rosters.

"Whoever wins any sort of title — whether it's a rushing title, passing title, receptions title, interception title, whatever, if you're the leader, you've earned it, no matter what has happened," Hufnagel said.

"In the Canadian Football League, a player has to have ability and also durability because of the smaller roster. You just don't have as many reserve players waiting, so if you're constantly in the trainer's room and not consistently on the field, it's tough to have that player on your team."

Sports in brief

NFL New England Patriots quarterback Tom Brady reportedly underwent surgery on Monday to repair his injured left knee.

NHL Chicago Blackhawks forward Ben Eager was suspended three games without pay by the NHL yesterday.

NHL The Vancouver Canucks assigned forwards Jason Krog and Matt Pettinger to Manitoba of the American Hockey League.

METRO NEWS SERVICES

Bosh leads Raptors past Knicks

Raptors 113 Knicks 111

NBA Chris Bosh scored a team-high 20 points and grabbed seven rebounds to lead the Toronto Raptors to a 113-111 victory last night over the New York Knicks in pre-season action.

Bosh

Andrea Bargnani chipped in 15 points off the bench for the Raptors, who defeated Cleveland, 104-84, on Tuesday in the club's pre-season opener. Jamario Moon, Anthony Parker and Jason Kapono added 10 points apiece in the win.

David Lee had a game-high 22 points and hauled in nine boards in the pre-season opener for the Knicks. Zach Randolph added 19 points and 13 rebounds while Nate Robinson ended with 16 points.

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BEST OF SEVEN
AMERICAN LEAGUE
Tampa Bay vs. Boston
TOMORROW'S GAME
Boston at Tampa Bay, 6:37
SATURDAY'S GAME
Boston at Tampa Bay, 6:07
NATIONAL LEAGUE
Philadelphia vs. L.A. Dodgers
TONIGHT'S GAME
L.A. Dodgers at Philadelphia, 6:15
TOMORROW'S GAME
L.A. Dodgers at Philadelphia, 2:35
SUNDAY'S GAME
Philadelphia at L.A. Dodgers, 6:22
MONDAY, OCT. 13
Philadelphia at L.A. Dodgers, 6:22
WEDNESDAY, OCT. 15
x-Philadelphia at L.A. Dodgers, 6:22
FRIDAY, OCT. 17
x-L.A. Dodgers at Philadelphia, 6:22
SATURDAY, OCT. 18
x-L.A. Dodgers at Philadelphia, 6:22
x — only played if necessary

NHL

TONIGHT'S GAMES
Toronto at Detroit, 6
Boston at Colorado, 8
CALGARY at Vancouver, 8:30
Anaheim at San Jose, 8:30.

CFL

WEST DIVISION

	W	L	T	PTS
x-CALGARY	9	5	0	18
x-B.C.	9	5	0	18
x-Saskatchewan	9	5	0	18
Edmonton	8	6	0	16

EAST DIVISION

	W	L	T	PTS
y-Montreal	9	5	0	18
Winnipeg	5	9	0	10
Toronto	4	10	0	8
Hamilton	3	11	0	6

(x - clinched playoff spot)
(y - clinched division title)
WEEK 16
TOMORROW'S GAMES
Toronto at Winnipeg, 7:30
Edmonton at B.C., 10:30
MONDAY'S GAMES
Hamilton at Montreal, 1
Saskatchewan at CALGARY, 4:30

NFL

WEEK 6
SUNDAY'S GAMES
Chicago at Atlanta, 11
Miami at Houston, 11
Detroit at Minnesota, 11
Oakland at New Orleans, 11
St. Louis at Washington, 11
Cincinnati at N.Y. Jets, 11
Baltimore at Indianapolis, 11
Carolina at Tampa Bay, 11
Jacksonville at Denver, 2:05
Green Bay at Seattle, 2:15
Dallas at Arizona, 2:15
Philadelphia at San Francisco, 2:15
New England at San Diego, 6:15
MONDAY'S GAME
N.Y. Giants at Cleveland, 6:30

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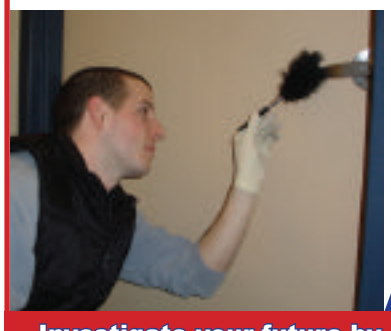

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L. SARA BYSTERVELD
for Source Media Group

Our stuff — it's what surrounds us, serves us and sometimes even defines us. But it can also hold us back. In times of transition, such as divorce, children moving out or moving into a new home (especially a smaller home), emotional attachments to possessions can cause people to hold onto clutter that only complicates life.

"I see people whose possessions are out of control. The majority have things that have happened in their life that have thrown them out of balance — illness, divorce, death and so on," says Maggie Rogers, organizational specialist and owner of Amazing Spaces.

But it doesn't take a tragedy for a person to accumulate things, whether it's books, collectibles, clothes or just the general detritus that tends to collect in closets, basements and garages. It happens to the best of us with the regular busy pace of life. For homeowners moving into less square footage, they must determine which items to keep and which to let go, holding onto the memories instead.

As Kathy Roberts, organizational specialist and owner of Clutter Busters explains, the amount someone spent on an object, as well as its perceived value (which is sometimes out of whack with reality), holds much sway in the degree of attachment to that item.

Also, says Roberts, "there are some people who didn't have anything growing up, so they say, 'If I have it now, I'm going to hold onto it.'"

When Anne and Alan Young moved from a 1,076-square-foot house with a basement in a small northern Alberta town to an 868-square-foot apartment-style condo in southwest Calgary earlier this year, they were thankful for the wait time between purchasing and moving into their new home.

Granddaughter Brittany is flanked by grandparents Anne and Alan Young, who've recently pared down to condo living.

"It was hard to get rid of things, but we had time to think about it," says Anne. "With a few things, we couldn't decide, so we made a maybe pile and decided later."

Like many homeowners faced with the prospect of paring down their belongings, the Youngs chose to pass some of their heirlooms to their daughter.

Roberts and Rogers acknowledge passing items down to family members as a good first option for people who are having a hard time letting go.

Other such obstacles that can pop up include having a sale but holding onto items that don't sell, being unable to decide on certain things and being reluctant to sell something for lower than a certain price.

Realistically, says Roberts, "the walls are only so big. You have to envision what you want your home to look like when you walk in and work to achieve that."

If you find you just can't sort through the stuff on your own, enlist a friend for help or hire an expert — an objective second set of eyes can make all the difference.

Luckily, in the end, it is worth it.

"It does feel good to have less stuff," says Anne Young. "Even here I go through things once in a while and get rid of things." EDITED FOR LENGTH BY METRO CALGARY

Outside help

- Organizational specialist Maggie Rogers recommends taking a photo of any clutter and e-mailing it to friends and family who may be interested. If no one wants your possessions, it is time to find another home for it, whether it is with charity or in a yard sale.

Strategies for clearing the air

HomeScape

If you vacuum frequently, dust diligently and get rid of mould and damp conditions in your sealed-and-winterized home, then you'll breathe more easily. But don't relax just yet — you're well on your way to improving the air in your home, but you're not finished.

It's a gas

- To combat harmful gases like carbon monoxide and nitrogen dioxide that are the result of combustion, ensure that appliances such as the furnace, stove, gas fireplace and water heater are properly maintained. They should be inspected by a qualified professional every year.

Since carbon monoxide is both dangerous and odourless, get a carbon monoxide detector and place it where you can hear the alarm.

- Another gas that can build up indoors is nitrogen dioxide, which can irritate the lungs. It's main source in the home is gas stoves — so if you have a gas stove, make sure it has an efficient exhaust fan that's vented to the outside.
- Combustion gases can also enter the home from garages, so never let cars or any other fuel-burning appliance — such as a snow blower or lawnmower — run in a garage. Moreover, keep the door between the garage and house closed at all times.

Source of irritation

VOCs and formaldehyde emanate from lots of products that are made of plywood or particleboard.

Such items can include kitchen cabinetry, oil-based varnishes, furniture and panelling, paints and glues as well as many wall-to-wall carpeting products.

These sharp-smelling gases can irritate the eyes, nose and throat, and low concentrations over the long term may be linked to respiratory symptoms and allergic sensitivity, especially in children.

Of course, off-gassing is strongest when these home products are new, and lessens over time.

So ventilate during renovation work, then give the house a day or a weekend to air out before you and your family settle into it again.

Over the long term, you can limit your exposure by reducing or eliminating the number of VOC- or formaldehyde-emitting products in your home.

Getting personal

Finally, take it easy on scented personal care, cleaning or laundry products, because they can also emit VOCs. Just because something smells nice doesn't mean it's a good thing for you to inhale.

Sylvia Putz is a journalist with an interest in home decor and design. She has written extensively for the TV show Arresting Design.

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Holiday decorating

Garnishes like cranberries, pine cones or holly on the outside of your plates give an unexpected festive punch and can complement the colours of your meal. NEWS CANADA

Food

"Cardamom is a warm, sweet spice widely used in Scandinavian and East Indian cooking."

Barb Holland/for Metro Canada

A spicy twist

Cardamom pods tend to be used with savoury dishes and ground is wonderful with pears and apples and offers a different taste from the more traditional cinnamon and nutmeg.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Give thanks for dessert

À **la** carte

Barb Holland

Metro Food Writer

Thanksgiving is all about getting together with family and friends, giving thanks and enjoying the bountiful harvest. Sharing is a better word than delegating, and dividing up the meal preparation makes lighter work for all.

Here is a delicious harvest fruit pie that is a break from the traditional pumpkin pie (or in addition!). If it's your turn to bring dessert, make this early in the day and heat just before serving in a turned off but still warm oven.

Like many holiday meals, a delicious, warm home-baked pie is the perfect finish to Thanksgiving.

Rustic Apple, Pear and Cranberry Pie

Using puff pastry saves the step of making pastry, just remember to transfer puff pastry from freezer to fridge the day before. If you prefer, you can also use regular pastry in a similar fashion. Makes 8 servings.

INGREDIENTS:

- 1/2 pkg or 1 sheet frozen puff pastry, thawed
- 1/4 cup (60 mL) all-purpose flour
- 1/4 cup (60 mL) brown sugar
- 1 tsp (5 mL) ground cardamom or cinnamon
- 3 medium apples, such as McIntosh
- 3 ripe but firm pears, such as Bartlett
- 1 cup (250 mL) fresh cranberries
- 1 tbsp (15 mL) cold butter, cut into pieces
- 1 egg, beaten with 1 tsp (5 mL) water or milk
- Coarse sugar, about 1 tbsp (15 mL)
- Whipping cream

METHOD:

Preheat oven to 400°F (200°C). Combine flour, brown sugar and cardamom in large bowl. Peel and core apples, cut into wedges 1/4-inch (1 cm) thick. Similarly peel pears, cutting wedges a little thicker. Add to flour mixture, along with cranberries. Toss gently to coat evenly with dry mixture.

On lightly floured surface, roll chilled puff pastry into a 13 x 13-inch (32.5 cm) square, about 1/8-inch (3 mm) thick. Carefully transfer to parchment paper-lined pizza pan or other shallow baking pan with a rim. Arrange fruit mixture in centre, leaving a 2-inch (10 cm) edge (you can trim off corners for a neater look). Fold edge over filling. Dot filling with butter pieces. Brush pastry with egg wash, then sprinkle with coarse sugar for a golden crust. Bake 15 minutes, then reduce heat to 375°F (190°C) and continue baking until pastry is golden brown and crisp and fruit is tender, 30 to 40 minutes. Serve warm with lightly whipped sweetened cream.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

This recipe has a prep time of 15 minutes, a cooking time of three minutes and a refrigeration time of 30 minutes. Makes 20 balls.

Chewy, nutty power balls

Instead of taking store-bought energy bars on your next hike — try these. They taste great, transport beautifully without crumbling and are a lot less expensive when you make them yourself.

Peanut Power Balls

INGREDIENTS:

- 2 cups (500 mL) granola
- 1/3 cup (75 mL) chopped peanuts
- ¼ cup (50 mL) each dried cranberries and raisins
- ¼ cup (50 mL) wheat germ or ground flax
- 2 tbsp (30 mL) each pumpkin seeds and shredded coconut
- ½ cup (125 mL) honey
- ½ cup (125 mL) peanut butter

METHOD:

In a large bowl, stir granola with peanuts, cranberries, raisins, wheat germ, pumpkin seeds and coconut. In a small saucepan bring honey to boil. Boil vigorously for approximately 30 seconds then whisk in peanut butter. Add to granola mixture and stir to combine.

While mixture is warm, firmly form into 1½-inch (3.5 cm) balls. Refrigerate until firm. Store in an airtight container up to two weeks. Twist balls in waxed paper for perfect portability.

more info

- Per serving: 144.1 calories, 3.9 g protein, 19.7 g carbohydrates, 2 g dietary fibre, 51.7 mg sodium, 6.6 g total fat.
- Visit the website of the Peanut Bureau of Canada for more recipes: peanutbureau.ca/Canada.

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J.C. Penney to carry Charlotte Ronson line
Mid-tier retailer J.C. Penney Co Inc is pairing with trendy designer Charlotte Ronson to sell an exclusive sportswear line as it tries to boost market share. The I (Heart) Ronson collection targets 21- to 35-year-old women. REUTERS

Style

"Love for Life" bracelets

Aldo has partnered with YouthAIDS to create limited edition "Love for Life" bracelets with 100 per cent of the net proceeds benefiting HIV prevention efforts in Rwanda. This includes the work of the Rebero Orphan Centre which cares for victims and orphans of the Rwandan Genocide. The bracelets will be available in three styles: silver and gold tone cuffs for women and a rubber wristband version for men. Available at Aldo, Aldo Accessories and online at *aldoshoes.com* for $5. METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Hats off to embellishment

Style **File**

Kim Elbo
kim.elbo@metronews.ca

ask kim

Are there any brands that specialize in boots for women with skinny calves? Most boots I try on are huge around the calf.

Try Michael Kors and Geox boots. If those brands aren't available near you, shop online at *zappos.com* — they have a specialty section for people with narrow calves.

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

Schoolboy
Designer: Deluxe
Shop: Lip Lounge
theliplounge.com
$22

Cloche
Designer: n/a
Shop: Front & Co.
frontandcompany.ca

Fedora
Designer: Honey Love Designs
Shop: Room 430 Boutique
honeylovecouture.com

Magazine Tote
Designer: American Eagle
Shop: American Eagle
Address: Various Locations
ae.com

Waist Pack
Designer: Roots
Shop: Roots
Address: Various Locations
roots.com

Tie Up
Designer: m0851
Shop: m0851
m0851.com

hats

Classic cut hats embellished with feathers, belts and contrasting fabrics are what to look out for this season. The cloche was a popular item last year and it looks like it's here to stay. Look for a cloche with a brim that is longer in the front and shorter in the back. The stingy brim fedora by Honey Love Designs is a favourite of mine; the feathers add elegance and style. A hat you will find everywhere is the schoolboy cap, it's casual and looks good on almost anyone.

accessory

Support the Canadian Breast Cancer Foundation by buying Mavi's "Dress in Good Conscience" T-shirt. Minimum donation is $25, available at Mavi.

bags

Sometimes all you need is a simple bag to carry for a specific item. The magazine tote by American Eagle can hold your magazines, novels and sketch books, perfect for transit travelling or study dates. The waist pack by Roots is my favourite; fill it up with treats and little baggies for when you're out walking your dog.

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Mirren joins the Tempest
Oscar-winning actress Helen Mirren has signed up to star in a big-screen adaptation of Shakespeare's The Tempest, according to reports. **BBC NEWS ONLINE**

Entertainment

A-list actor
Actor Steve Carell has officially made it onto the Hollywood A-list — he has signed a multi-million-dollar three-movie deal with studio Warner Bros.
IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Extraordinary talent

Album Reviews
music@metronews.ca

Jennifer **Hudson**

Album: Jennifer Hudson
Label: Arista/Sony BMG
Rating: ●●●½

WHY DOES EVERY R&B artist feel compelled to pad out their album with three or four big name "friends?" So it is with Jennifer Hudson's debut with three tracks featuring Ludacris, Fantasia and T-Pain. Hudson doesn't need their help. She's got one of the finest R&B voices since Whitney. When Ludacris steps in on the already edgy Pocketbook, you want to smack him off the microphone. And the title of Track 4, What's Wrong (Go Away) can only be about T-Pain and his voice distorter. Hudson's extraordinary vocal talent manages to win out over all this friendly interference and synthetic production. Tracks like Giving Myself and You Pulled Me Through are killers. And I'm Telling You I'm Not Going will pop your eyes out of their sockets.

Graham Rockingham/for Metro Canada

WARNER MUSIC PHOTO

Dig Out Your Soul, the latest album from Britpop act Oasis, is now available in stores.

Oasis

Album: Dig Out Your Soul
Label: Big Brother/Warner
Rating: ●●●

TO EXPECT this Britpop act to regain its mid-'90s peak might be asking for the moon. But this seventh album stands as the first time in a while that the Brothers Gallagher et al actually sound like they care about what they commit to disc. When they're on, Bag It Up, Ain't Got Nothin' and The Shock Of The Lightning swirl gloriously with louder guitars, looser 'n' brasher backbeats and singer Liam Gallagher's cocky Britpop snarl. When they're off, Oasis spiral into Beatles wannabes, riff-copping from The Doors and Pink Floyd, even rewriting the '60s hit Hi-Heel Sneakers and passing it off as (Get Off Your) High Horse Lady … so typical Oasis.

Ian Nathanson/for Metro Canada

Bob **Dylan**

Album: Tell Tale Signs Rare and Unreleased 1989-2006
Label: Columbia/Sony BMG
Rating: ●●●●½

A LOT OF artists have prolific careers, but how many can say that they've recorded eight albums worth of rare and unreleased material. Only one: Bob Dylan. The latest instalment of the legendary folkie's "Bootleg Series" — the first was released in 1991 — covers his years from Oh Mercy to 2006's Modern Times and boy, it's a doozie. Even though these tunes are a combination of throwaways, demos, movie tracks and unreleased material, almost all of the 27 songs are brilliant. It's hard to choose what's best here, but the thumping stripped down disc opener Mississippi is a good start.

Bryan Borzykowski/for Metro Canada

Read reviews of Mobile, Les Paul & Friends, The Clash, and Rise Against at metronews.ca/music

Breakfast that's worth the wait

Slick City

slickcity@metronews.ca

Saturday morning. You roll out of bed. Starving. Luckily, Calgary boasts a superb breakfast diner culture. One problem: everyone knows it. Greasy spoons and niche cafes runneth over, and even spill out onto the street, with hungry folks on weekend mornings.

But these aren't snooty clubs. Requesting rezos or flashing a "fitty" may solicit a snort, but not a seat. Nope, you need a strategy.

1. Rise early (or don't sleep).

Diner Deluxe (804 Edmonton Trail NE) manager Sharlene Wilcock says patrons on the doorstep at 8 a.m. avoid lineups. Sound painful? She suggests smaller groups to snag spots at the bar counter.

Not even regulars can line-jump, but the groovy retro diner does send coupons via its e-mailing list. Drop a line to dinerdeluxe@cuisineconcepts.ca.

2. Come late(r).

Shanye Perrin, owner of Dairy Lane (319 19th St. NW), says primetime falls between 10 a.m. and noon. If you stroll in later, you might miss the rush. But don't come at 3:25 p.m. — is closes at 3:30 p.m. The staff's sweet demeanour might sour. Then, you'll never smooth-talk server Anita Athavale into one of her special milkshake concoctions not found on the menu.

3. Get a job.

"Work here," says Nellie's owner, Roxanne Taylor-King. Hmmm, sounds like a gal in a labour crunch. "Or date someone who works here," she adds. Not such a shabby idea. Nellie's attracts sexy alterna-staff with tatts-a-plenty and trendy locks hidden under those kitchen hairnets.

Although dating "Nellie" herself won't necessarily move you up in the line, Taylor-King says even her former husband didn't receive special treatment. He had to order take-out, and you can too. Call your nearest Nellie's location (Marda Loop, Kensington, 4th Street, 90th Avenue and 17th) to take breakie home.

4. Consider plan B.

We're not talking Denny's, Smitty's, Humpty's or anything else ending in "y's" here. Instead, stake out several places for lineup lulls. This works especially well in Marda Loop, where Nellie's is kitty-corner to the Belmont Diner. Split up and text each other when the first seats open up.

5. Grin and bear it.

"It's part of the whole experience. (Customers) know they're going to wait in line," says Perrin, who serves free coffee to lineup troopers.

And Saturday morning breakfast veterans know he's right.

Jam up Metro's inbox by emailing us at slickcity@metronews.ca

Hayek on 30 Rock
Actress Salma Hayek will be shooting an upcoming appearance on the hit NBC series 30 Rock, and it could be within the next few days. **E! NEWS ONLINE**

May-Treanor has surgery for injury

REHEARSAL Olympic volleyball star Misty May-Treanor is recovering from surgery after an ankle injury forced her to pull out of U.S TV talent show Dancing With The Stars, imdb.com reports. The two-time Olympic gold medal winner damaged her Achilles tendon during rehearsals for the hit program on Friday. She was forced to cancel her run on the show.

Misty May-Treanor

"Thanks for all your concern and well wishes for Misty. I wanted to let you all know Misty had a successful surgery on her ruptured Achilles this morning. She is currently at home recovering," her spokesperson tells Usmagazine.com.

May-Treanor appeared on crutches and with her leg in a cast at the end of the show on Monday, telling viewers: "I heard a pop. I was doing the Lindy Hop. I thought I flew out of control and hit the judges' stairs, or it felt like I got hit in the back with a baseball bat. Then, I just couldn't put weight on it."

Her dance partner on the hit show, Maksim Chmerkovskiy, added, "This whole thing is really sad."

METRO NEWS SERVICES

Spears's licence trial to continue

IN COURT Britney Spears's driving without a licence trial will continue as scheduled, according to a ruling released Tuesday, TMZ.com reports. The pop star's lawyer was trying to have the case put on hold or dismissed entirely. A pretrial hearing was set for earlier this week, with the trial set to begin yesterday. The trial stems from a misdemeanour charge of driving without a valid California driver's licence.

Britney Spears

METRO NEWS SERVICES

New life injected into Life on Mars

IntelleVision

rick.mcginnis@metronews.ca

TIME AFTER TIME: The American adaptation of the British hit Life On Mars premieres tonight on ABC and Global after a troubled production history that only confirmed the deep misgivings fans of the original show have felt since it was announced almost a year ago, back when David E. Kelley was still supposed to be at the helm.

Kelley is long gone, and the North American version has already gone through an almost total recasting and change of location since the first pilot was leaked onto the Internet back in June.

Both versions of the pilot stuck pretty closely to the plot of the BBC original — police detective Sam Tyler is chasing a killer who has abducted his police officer girlfriend when he's hit by a car and wakes up 25 years in the past, on the same spot, but wearing a greasy leather coat and shirt with period-perfect wing-like collar. The iPod in his car playing the David Bowie song that gives the show its title has been transformed into an 8-track player, and his high-tech, politically sensitive squad room replaced by a gang of thugs with badges led by one Gene Hunt, a walking violation of Miranda rights.

Only Jason O'Meara as Tyler survived the recasting and location change ABC made over the summer. The original pilot, set in 1973 Los Angeles, was pretty dismal stuff — Colm Meaney's Gene Hunt was completely lacking the swagger and menace of Philip Glenister in the original, but let's not be too hard on Meaney; Glenister's Hunt was a tour de force role by a great actor primed and ready for a role this good. ABC had to call in the big guns — Harvey Keitel, in this case — to find an American Hunt that came close to Glenister's original, and though Keitel doesn't have near the profane joy of Glenister as Hunt, he brings a new hint of perversity and the added cache of having helped define the cinematic image of New York in the '70s with his roles in Mean Streets and Taxi Driver.

O'Meara's second shot at Tyler is a major improvement from his first, and the major lack of chemistry between Tyler and Rachel Lefevre's proto-feminist policewoman Annie Cartwright was solved by casting Gretchen Mol in the role's New York rethink. Putting Mol in a fetching uniform that echoes Liz White's Annie in the U.K. version was inspired, as was the chase scene in the reshot pilot set to The Sweet's Little Willie. The shot of Tyler gazing in shock at the still-standing World Trade Center towers was perhaps a bit obvious, but it worked, and the pacing of the New York pilot was infinitely better, as was the production design, which marvelously evokes the craptacular steaminess of the city's "Ford to New York: Drop Dead" era. There are still major problems with ABC's Life On Mars, but it's head and shoulders above awful pilot for Fringe, which has nonetheless won season renewal from Fox, but only time — and ratings — will tell whether there's life in this Life On Mars.

Rick McGinnis writes about music, movies, books and television, but not opera.

CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
10/9/08 primetime	267	351	- ACCESS	Help TV		America's Next Top Model (N)		Hole in the Wall		Eleventh Hour (N)		Help TV
	243	317	3 CFCN	etalk	Dance	ER (HDTV) (N)		CSI: Crime Scene Invstgtn.		Grey's Anatomy (N)		News (N)
	-	-	4 BROAD	(4) Broadcast News News.		Broadcast News News.						
	-	371	5 KXLY	News	News	Entertainment	The Insider (N)	Ugly Betty (N)		Grey's Anatomy (N)		Life on Mars
	245	306	6 CBRT	NHL Hockey	HNIC-Rocks Concert	NHL Hockey Calgary Flames at Vancouver Canucks. (Live)						
	244	338	7 CICT	ET Canada	Entertainment	Life on Mars (N)		Survivor: Gabon (N)		The Office (N)	SNL Update	News Hour
	246	-	8 CKAL	Law & Order: SVU		Glam God With Vivica A. Fox		Ugly Betty (N)		Friends	Friends	Your City
	119	705	9 CBXFT	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)		Grosse vie (N)	C.A. (N) (SC)	Le Téléjournal (N) (SC)		TJ Alberta
	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	News (N)	Hollywood	The Doctors (N)		Survivor: Gabon (N)		CSI: Crime Scene Invstgtn.		Eleventh Hour
	-	374	14 KSPS	NewsHour With Jim Lehrer		Vote! 2008		Sherlock Holmes Mysteries		Globe Trekker (DVS)		Soundstage
	502	390	15 CBC	CBC News: The National		CBC News: The National		CBC News: The National		CBC News: The National		Newman
	-	370	16 KHQ	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Raymond	Name Is Earl	Kath & Kim (N)	The Office (N)	SNL Update	ER (N)
	-	373	22 KAYU	MLB Baseball: NLCS Game 1 -- Teams TBA				Malcolm-Mid.	According-Jim	King of the Hill	The Simpsons	News (N)
	297	652	37 WPIX	Supernatural (HDTV) (N)		CW11 News at Ten		Two/Half Men	Friends	Sex and-City	Will & Grace	According-Jim
news	500	500	29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502	31 CNN2	Glenn Beck		Nancy Grace		Showbiz Tonight		Glenn Beck		Nancy Grace
sports	400	400	21 TSN	2008 World Series of Poker		SportsCentre (HDTV) (Live)			Off the Record	Rings	NFL Films	Poker Night
	408	418	27 net	MLB Baseball National League Championship Series Game 1 -- Teams TBA.					Sportsnet Con.	Sportsnet Connected (Live)		Best-Sports
	410	403	30 SCORE	College Football Clemson at Wake Forest.			Score Tonight	Score Tonight		Final Score	Final Score	Sports Rage
	411	457	44 OLN	Survivorman		Pilot Guides	Odyssey	Pilot Guides		Don't Forget Your Passport		Commando
	417	406	48 SPEED	Pinks -- All Out (HDTV) (N)		Wrecked (N)	Wrecked	Pinks (HDTV)	Pinks -- All Out (HDTV)		Inside GP	F1 Racing
family	552	543	20 YTV	Drake & Josh	iCarly	H2O, Just Add	Prank Patrol	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
	555	545	67 TOON	World of Quest	Johnny Test	George-Jungle	Bugs Bunny & Tweety Show		6teen	Total Drama	Futurama	The Critic (N)
cable variety	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Backstage	Terri Clark-Dirt	Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Beren. Bears	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	The Insider (N)	E! News	Name Is Earl	Kath & Kim (N)	*Abducted* (2007, Drama) Sarah Wynter.				News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	Shopping Bags	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Open House
	521	560	24 TLC	American Chopper (N)		LA Ink "Help Wanted"		American Chopper		LA Ink "Help Wanted"		Overhaulin'
	603	561	25 FOOD	Unwrapped	Secret Life of	Jamie's Kitchen Australia		Restaurant Makeover		Challenge		Unwrapped
	615	520	26 A&E	The First 48 (HDTV)		Jacked: Theft	Jacked: Theft	Crime 360 (HDTV)		The First 48 (HDTV)		The First 48
	617	522	32 SHOW	EastEnders	Spaced	Painkiller Jane		ReGenesis (HDTV)		Trailer Park	Trailer Park	Saving Grace
	601	562	33 SLICE	X-Weighted		The Biggest Loser		Rich Bride, Poor Bride		X-Weighted		Biggest Loser
	-	633	34 ENC2	*Man With Gun*	(7:25) *Wise Guys* ★★ (1986, Comedy)			*Casino* ★★★ (1995, Crime Drama) Robert De Niro, Sharon Stone, Joe Pesci.				
	520	505	35 DISC	Mystery of the Crystal Skulls		MythBusters		Daily Planet		Monster Moves		Crystal Skulls
	620	523	36 BRAVO	*Heavy Metal* ★★ (2005, Documentary)			Bravonews	Law & Order		Without a Trace		*Heavy Metal*
	294	650	40 WPCH	(6) *Cellular* ★★ (2004)		Cheers	Family Guy	Family Guy	Seinfeld	*Cellular* ★★ (2004, Suspense)		
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	VIP
	-	539	42 TCM	*Jour de Fete*	(7:45) *Mr. Hulot's Holiday* (1953, Comedy)			(9:15) *Mon Oncle* ★★★ (1958, Comedy) Jacques Tati.				*Playtime (1967)*
	628	584	43 SPIKE	TNA iMPACT! (HDTV) (N)				The Ultimate Fighter (HDTV)		MXC	MXC	Married... With
	522	516	45 HIST	The Perfect Weapon		NCIS "Marine Down"		Lost Worlds		Secrets of the Dead		NCIS
	627	528	46 SPACE	Battlestar Galactica		Chuck (N)		Stargate SG-1 (DVS)		Lost "Do No Harm"		Deep Space 9
	-	-	47 AMC	*Sleeping With the Enemy* ★★		(8:15) *Christine* ★★ (1983, Horror) Keith Gordon, John Stockwell.					*Fatal Attraction* (1987)	
	619	525	49 TROP	Make or Break	Naked Fashion	Beverly Hills, 90210		Make or Break	What Happen?	Family Guy	Seinfeld	Seinfeld
	600	564	50 HGTV	The Fix	Disaster DIY	Home to Flip	Real Renos (N)	Holmes on Homes		The Fix	Disaster DIY	Home to Flip
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	526	507	92 CLT	(6) *My Boy Jack* (2007)		Mysterious Ways		Judging Amy		History of Pop Culture		*My Boy Jack*
	269	350	93 APTN	News		Suaangan (N)	Rez Rides	Next! Youth	renegadepress	*Black Cloud* ★★ (2005, Drama) Eddie Spears.		
	-	-	94 MCP	(6:30) News	News	Matchmaker	Daughters-Law	Vancouver	Kirdaar	Dheeyan Ghar	Sadabahar	Desi-Mama
	571	581	100 MMM	Revival	Where You At	I Want to Work for Diddy		Party of Five		Is This the Real Life?		Party of Five
	570	580	101 MM	Degrassi: Next	Instant Star	Greek "Multiple Choice"		Muchmusic Countdown			Pimp My Ride	Legally Blonde
	581	566	102 MTV	The Hills	Super Sweet	Exiled	MTV Cribs	MTV Live	After	Man and Wife	The Hills	Exiled

House fire guts Nolte's Malibu home

BLAZE A fire at Nick Nolte's home in Malibu, Calif., gutted his living room, but the actor escaped with minor injuries after trying to douse the flames with a garden hose, officials said.

Nick Nolte

The Tropic Thunder star suffered smoke inhalation and minor abrasions in the fire, which was caused by an electrical problem, Inspector Sam Padilla, a spokesman for the Los Angeles County Fire Department, said.

The fire caused $3 million in damage to the structure and contents of the house but the home was not destroyed, Inspector James Barnes of the fire department said.

"Nick Nolte was there apparently with a water hose trying to extinguish the fire himself and of course we came to help him out," Barnes said.

REUTERS

critics'corner

Eleventh Hour
Science — ain't it cool? Depends on how it's used. In this new drama series, it's the job of Jacob Hood, a biophysicist who works as an adviser to the government, to fight those who would use scientific breakthroughs for bad ends. British actor Rufus Sewell ("John Adams") plays Hood, with Marley Shelton as the FBI agent assigned to watch his back. 11 PM on KREM

Heavy Metal
Animators from around the world contributed to this 1981 adult anthology of sci-fi stories adapted from the popular title magazine, with enough nearly nude (if animated) females to titillate any randy male adolescent. Backing up the incoherent "narrative" is a serious musical soundtrack featuring Blue Oyster Cult, Journey, Cheap Trick, Stevie Nicks, Grand Funk Railroad, Black Sabbath, Devo and others. 7 PM on BRAVO

Dick not laughing about renovation
Comedian Andy Dick is suing the bosses of a construction company over claims they never completed the contracted renovation of his home. **IMDB.COM**

Celebrity Buzz

Renee bulking up for love?

GETTY IMAGES PHOTOS

HEALTH Renee Zellweger has reportedly gained 10 pounds in a bid to find a new man, femalefirst.co.uk reports.

"Renee was worried her slim frame made her look gaunt, sickly and, worst of all, old. She is going to be 40 in six months and doesn't want to be single then," a source said.

Zellweger, who packed on the pounds to play Bridget Jones in the 2001 movie Bridget Jones's Diary and 2004 sequel Bridget Jones: The Edge of Reason, has reportedly completely changed her diet to maintain her new curvy figure.

"Renee used to eat only fresh fruit for breakfast, but now she allows herself the odd doughnut or bagel with cream cheese," the source added to Look magazine. "Instead of working out five or six times a week, Renee isn't freaking out if she misses a session. She was so focused on maintaining a killer body that she was neglecting other aspects of her life."

METRO NEWS SERVICES

HELLO! Hot shot of week

PETER BREGG/HELLO CANADA!

Actress Halle Berry's beau Gabriel Aubry arrives at Toronto's Light Lounge to meet fans with his band, Café Fuego. "It feels great to be here," the Montreal-born 32-year-old Calvin Klein model, who has a six-month-old daughter, Nahla, with his superstar girlfriend, told Hello! Canada. **hellomagazine.com**

Latifah mum on sex life

SEXUALITY Rapper/actress Queen Latifah is not answering questions about her sexuality, usmagazine.com reports.

"I don't have a problem discussing the topic of somebody being gay, but I do have a problem discussing my personal life," Latifah, 38, told Sunday's New York Times magazine.

"You don't get that part of me. Sorry," she added. "I don't feel like I need to share my personal life, and I don't care if people think I'm gay or not," she said. "Assume whatever you want. You do it anyway."

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Mills' pool put on hold

CELEBRITY Paul McCartney's ex-wife Heather Mills has reportedly been caught building a swimming pool in the grounds of her English home without planning permission, imdb.com reports.

Planners discovered the pool while visiting Mills's Robertsbridge, East Sussex, home to check the former glamour model had pulled down a huge marquee she had erected illegally.

They have now ordered her to submit an application for the pool, and if permission is denied, Mills will have to fill it in.

A local spokesperson tells the Hastings & St. Leonards Observer newspaper, "The marquee appears to have been dismantled. Apparently, there is a swimming pool and we have invited a planning application for it.

"This will then be considered in accordance with the normal planning process."

METRO NEWS SERVICES

celebrity brief

Cho gets honour

AWARD Comedienne Margaret Cho has been named Korean of the Year by a leading Korean-American newspaper, imdb.com reports. **METRO NEWS SERVICES**

Dating Diaz is difficult, she says

DATING Cameron Diaz finds it tough to maintain a relationship because she is "a spoiled brat," imdb.com reports.

The actress has dated a string of Hollywood stars including Matt Dillon, Jared Leto and singer Justin Timberlake.

She is now dating Jennifer Aniston's ex Paul Sculfor, and claims her selfishness often hinders long-term romances.

"It's really hard for me to commit," Diaz says. "It's probably a lack of discipline on my part.

"Honestly, I'm just a spoiled brat who's used to getting my own way all the time! I'm sure that's what it is."I'm sure I'll suffer for it later, but I'm happy with it right now."

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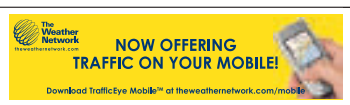
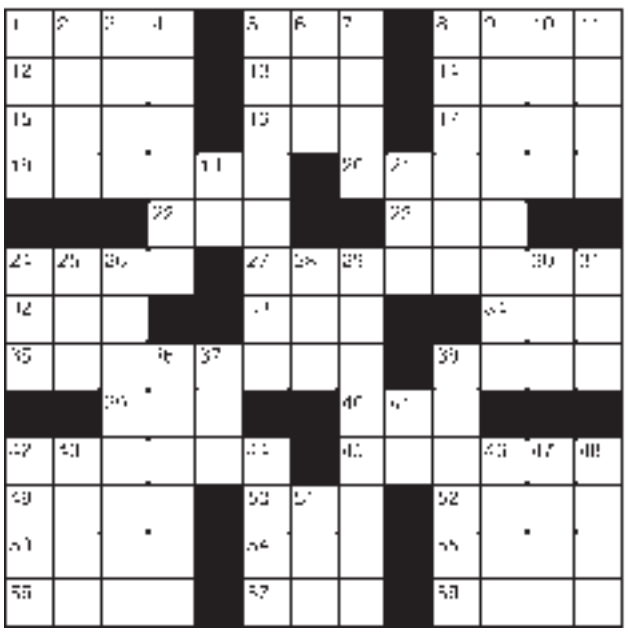


Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		2					8	4
	3	9		4	8			
6			1					
1		7	6		2			
	5						9	
			3		5	2		1
					4			7
			7	6		3	1	
8	7					9		

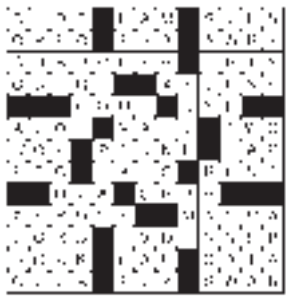
Crossword across

1 Galvanizing material
5 Recent horror film franchise
8 Invitation initials
12 Hydrox look-alike
13 Ante-
14 Duel tool
15 Ham's dad
16 Real estate ad abbr.
17 "Phooey!"
18 Clothe
20 Ordeals
22 Vast expanse
23 Crow's cousin
24 Three-piece suit feature
27 Rule out
32 Mischievous tyke
33 Kreskin's claim
34 One side of the Urals (Abbr.)
35 The "who" in a whodunit
38 Bohemian
39 A Gershwin
40 Hostel
42 Changes
45 Snacked (on)
49 Mideast strip
50 Comical sort
52 Path left behind
53 Finished
54 Hearty brew
55 Divisible by two
56 Indiana city
57 Standard
58 Take five

Crossword down

1 Region
2 Press
3 Approach
4 Kelly, to Regis
5 Butter knife, e.g.
6 Branch
7 Into the sunset
8 "Automatic" telephone feature
9 One sitting carelessly
10 Osso buco meat
11 Household members
19 Exist
21 Vitamin stat
24 Energy
25 Ostrich's kin
26 Wine + soda water
28 British verb suffix
29 Type of spaniel
30 See 47-Down
31 Ironically humorous
36 Glum
37 Listener
38 Response
41 "Fuhgeddaboudit!"
42 Enthusiastic, plus
43 Stromboli outpouring
44 Trade
46 Possess
47 With 30 Down, supplements
48 Fender bender result
51 Carte lead-in

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



5	7	2	8	1	9	4	3	6
9	4	8	2	3	6	1	5	7
1	3	6	5	4	7	2	8	9
8	6	9	7	5	1	3	2	4
3	5	4	6	9	2	8	7	1
2	1	7	3	8	4	9	6	5
7	9	3	1	2	5	6	4	8
6	2	1	4	7	8	5	9	3
4	8	5	9	6	3	7	1	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Recipe of the day

Orange beef stir-fry with broccoli and red pepper

INGREDIENTS:
½ cup (250 mL) orange juice
2 tbsp (25 mL) reduced-sodium soy sauce
1 tbsp (15 mL) oyster-flavoured sauce
1 tbsp (15 mL) rice vinegar
1 ½ tsp (7 mL) hot red pepper sauce
1 ½ tsp (7mL) cornstarch
1 tbsp (15 mL) vegetable oil
12 oz (340 g) flank steak, trimmed, halved lengthwise and cut into ¼-in. (5-mm) strips
1 tbsp (15 mL) minced fresh ginger
2 tsp (10 mL) freshly grated orange zest
3 garlic cloves, minced
1 cup (125 mL) sliced onion
1 lb (500 g) broccoli crowns, cut into 1-in (2.5-cm) florets
1 red or yellow pepper, cut into 2-in x 1/4 –in. (5-cm x 5-mm) slivers

METHOD:
In bowl, whisk orange juice, soy sauce, oyster sauce, vinegar, red pepper sauce and cornstarch; set aside.
2. Heat 1 tsp (5 mL) oil in large skillet or wok over high heat. Add half the steak and cook until browned underneath (about 1 minute). Turn and cook again (about 30 sec). Transfer to a plate. Repeat with remaining steak.
3. Add remaining oil to skillet. Add ginger, orange zest and garlic. Stir-fry until fragrant. Add onion and stir fry for 1 minute. Add broccoli and pepper, then stir-fry for 30 sec. add ¼ cup (50 mL) water, cover, and cook until crisp-tender. Push vegetables to the outer edges of pan. Stir reserved sauce, pour into centre of pan and cook, stirring, until glossy and thickened. Stir vegetables into sauce, return steak to skillet, and turn to coat.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
You'll inspire thoughts of generosity. A significant meeting occurs in an out of the way place. Others may panic, but you'll go with the flow.

TAURUS
APRIL 21-MAY 21
A tempting bargain is offered. Read the fine print before you sign anything. Your response can make a difference.

GEMINI
MAY 22-JUNE 21
Too much closeness may defuse an infatuation. The energy you need will magically appear. Frustration results from a careless comment.

CANCER
JUNE 22-JULY 22
A conversation makes you euphoric. A lost shoe appears in an odd location. A naïve guy makes something happen.

LEO
JULY 23-AUG 23
Inspirational news has you dancing for joy. A missing person is gossiped about. An unbelievable friend will succeed.

VIRGO
AUG 24-SEPT 22
A troublemaker is being finicky about details. You'll find what you're looking for. A strong-willed person inspires you to claim your freedom.

LIBRA
SEPT 23-OCT 23
Be practical with a professional. Relief materializes after hearing some news. Don't make a stand in a tense situation.

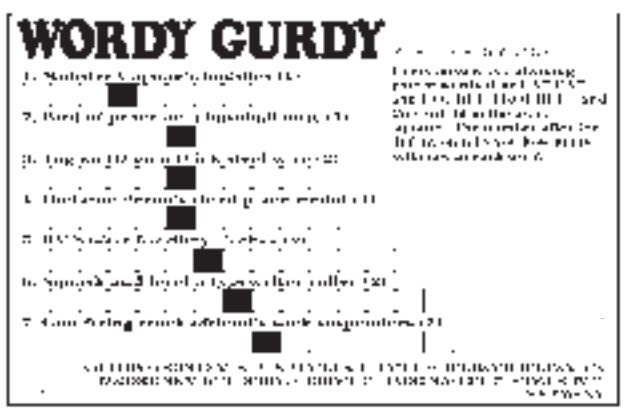
SCORPIO
OCT 24-NOV 22
You'll search desperately for something important. A close friend feels down in the dumps. Someone's wish can worsen a situation.

SAGITTARIUS
NOV 23-DEC 21
Illness cancels plans for the evening. You hear good news about a potential job. Try a different approach to a predicament.

CAPRICORN
DEC 22-JAN 20
Avoid obsessing over trivial mistakes. An intimate friend speaks the truth. Beware of overeating to get emotional comfort.

AQUARIUS
JAN 21-FEB 18
Find your dream job through an old friend. Elevate yourself beyond anxiety. Think twice about changing your appearance.

PISCES
FEB 19-MARCH 20
Your personal magnetism is set on high. Very little progress is made on an important project. Your resilience comes to the forefront.



This day in history

OCT. 9, 1003: Leif Erikson lands in L'Anse aux Meadows, Canada, becoming the first European to reach America.
OCT. 9, 1582: Because of the implementation of the Gregorian calendar, this day does not exist in this year in Italy, Poland, Portugal and Spain.
OCT. 9, 1604: Supernova 1604, the most recent supernova to be observed in the Milky Way.
OCT. 9, 1824: Slavery is abolished in Costa Rica.
OCT. 9, 1967: A day after being caught, Che Guevara is executed for attempting to incite a revolution in Bolivia.
OCT. 9, 2007: The Dow Jones Industrial Average closes at an all-time high.

METRO NEWS SERVICES

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822 Crowfoot Cres. NW
1623 Centre St. NW
715 - 5005 Dalhousie Dr. NW
207 14th St. NW

NORTHEAST

Country Hills Town Centre
Spectrum Shopping Centre
1353 32nd Ave. NE
2420 42nd Ave. NE
19 - 2520 23rd St. NE
2000 McKnight Blvd. NE

SOUTHWEST

Energy Plaza
6039 Centre St. S
264 - 6100 MacLeod Trail S
245 - 225 7th Ave. SW
1 - 4623 Bow Trail SW
5 - 2008 33rd Ave. SW
12 - 9250 MacLeod Trail S
16061 MacLeod Trail S

SOUTHEAST

856 - 33 Heritage Meadows Way SE
1288 42nd Ave. SE
7845 Flint Rd. SE
4410 50th Ave. SE
255 28th St. SE
10836 24th St. SE
109S - 8500 MacLeod Trail SE
4949 Barlow Trail SE

Airdrie

2145 Summerfield Blvd.

Cochrane

4 - 201 Grand Blvd.
15 - 312 5th Ave. W

Okotoks

181 - 31 Southridge Dr.
118 Elizabeth St.

Strathmore

8 - 55 Wheatland Trail
103 - 331 3rd Ave.

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